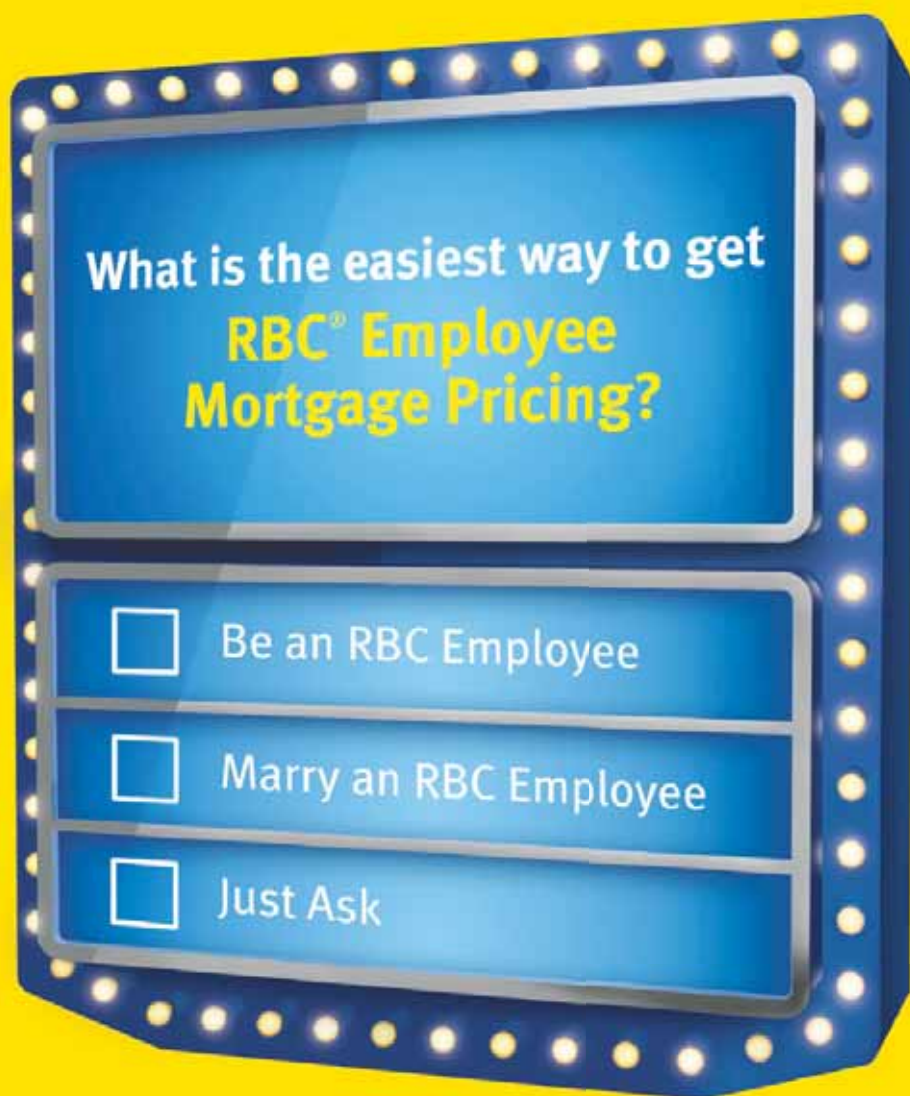


VANCOUVER metro®

NEWS
WORTH
SHARING.



RBC Royal Bank





RBC Royal Bank



That's right! Just ask, and save on your mortgage like an RBC Employee¹.

For a limited time², get the same great mortgage rate as our employees, complete with our flexible prepayment options and expert advice³.

**Speak with an RBC Royal Bank[®] mortgage specialist today.
1-866-864-0420 rbc.com/employeeemortgage**



1. Offer not available for construction draw mortgages or for any amendment to an existing mortgage with Royal Bank of Canada, including a portability transaction or an advance of additional funds or a renewal. This offer may be withdrawn at any time without notice. Offer limited to 4 and 5 year fixed term closed residential mortgages and to eligible applicants only. Subject to Royal Bank of Canada lending criteria for residential properties. Offer cannot be combined or used in conjunction with any other special offers. Other terms and conditions may apply. 2. Eligible mortgage applications must be started on or after April 28, 2014, and last day to apply is July 4th 2014. Rate commitment is a maximum of 120 days from the start of the application at which point the interest rate guarantee expires. 3. Employee Rates are discounted rates and are not the posted rates of Royal Bank of Canada. Employee Rates may be changed, withdrawn or extended at any time, without notice. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.

VANCOUVER metro

®



Feeling a bit round? Try a 360-degree fitness plan

Ensure your body gets into beach-ready shape in time with these eight tips **PAGE 14**

GET SAD, GET MAD AND GET FAMOUS

R&B SINGER-SONGWRITER BANKS ATTRIBUTES HER ARTISTIC SUCCESS TO THE PAIN SHE FELT OVER HER PARENTS' DIVORCE

**PAGE 12**

Slain man was in hot seat on Dr. Phil show

Crime. Ex-wife accused Surrey resident of conning her out of thousands of dollars

The man found murdered in a Surrey home Friday was featured on Dr. Phil's talk show this spring for conning his ex-wife.

Timothy Szabolcsi, 52, was living in Surrey at the time of his death and was known to police, homicide investigators confirmed Monday.

Police believe the murder was targeted and their investigation is ongoing. Integrated Homicide Investigation Team spokesman Sgt. Bari Emam said in a statement.

Szabolcsi was sentenced to U.S. prison in 2009 for scamming Texas Healthcare Systems of \$30,000 and was deported back to Canada in 2010.

According to a March 2014 Dr. Phil episode entitled "Did

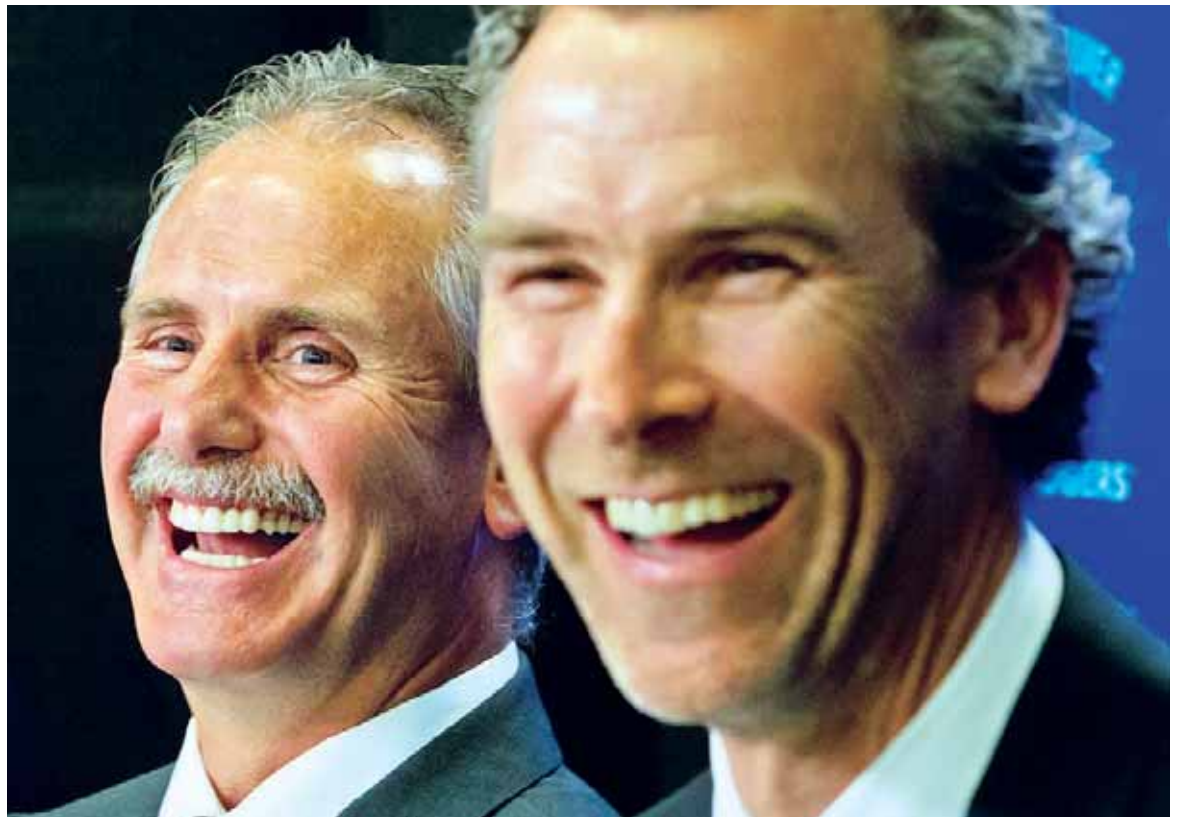
She Marry an Imposter?" and a CBC investigation in September 2013, Szabolcsi had fraudulently claimed to be a doctor, a NASCAR driver, a professional hockey player and a pilot.

CBC spoke to numerous people from both sides of the border who wanted to warn the public about Szabolcsi's questionable business and personal dealings.

He landed airtime on Dr. Phil's show when his ex-wife, a real estate agent in Delta, alleged she had "married a con man" after a whirlwind romance.

She claimed she had spent \$50,000 supporting him and paying for the wedding and didn't want other women to follow in her footsteps. He countered he wasn't responsible for the bills after the demise of their relationship.

Dr. Phil poked holes in his story with a series of documents in an uncomfortable interview conducted via satellite. **EMILY JACKSON/METRO**



CANUCKS DIG WILLIE'S STYLE

Vancouver Canucks head coach Willie Desjardins, left, and president of hockey operations Trevor Linden laugh after Desjardins was asked if he spoke French because of his last name, during a news conference announcing his hiring by the team on Monday. Story, page 16.

DARRYL DYCK/THE CANADIAN PRESS

Payroll Clerks Earn a Median Wage of \$23.00/Hour



BRIGHTON COLLEGE



Payroll Training Programs

- 15 Week Certificate
- 100% Practicum Placements
- 32 Week Diploma
- Flexible Schedules

Learn more at our **FREE** info sessions every **Thursday** at our Burnaby campus.

PAYROLL TRAINING

Take the **next** step in pursuing a career in Accounting as a **Payroll Clerk!**

*Statistics have been acquired from WorkBC. Low Wage: \$14/hr. High Wage: \$28.50/hr.

Call today **604-901-5121** **BrightonCollege.com**

FLIGHT CENTRE®

The Airfare Experts

All advertised prices include taxes & fees.

California Dreaming

Enjoy a **BONUS*** experience on us when you book between June 23–29.



Canada & USA Flights

Los Angeles

from **\$289**
Travel Jul 22 – Jul 29

San Francisco from **\$305**
Travel Jul 22 – Jul 29

Calgary from **\$335**
Travel Jul 8 – Jul 15

Honolulu from **\$455**
Travel Sep 3 – Sep 10

Toronto from **\$549**
Travel Jul 3 – Jul 9

Montreal from **\$565**
Travel Jul 2 – Jul 8

New York from **\$655**
Travel Jul 3 – Jul 15

International Flights

London

from **\$955**
Travel Sep 5 – Sep 13
Business class from \$3715.

	Economy from	Business from
Cancun Travel Jul 7 – Jul 14	\$495	\$1049

Amsterdam Travel Jun 27 – Jul 8	\$965	\$3889
---	--------------	---------------

Bangkok Travel Sep 4 – Sep 25	\$999	\$3199
---	--------------	---------------

Hong Kong Travel Sep 3 – Sep 17	\$1019	\$2889
---	---------------	---------------

Paris Travel Sep 7 – Sep 12	\$1025	\$3925
---------------------------------------	---------------	---------------



Let us plan your perfect trip!

USA

Las Vegas

Flights + 3 Nights
from **\$315**

INCLUDES accom on the Strip.
UPGRADE to 4-star accom from \$369.
UPGRADE to 5-star accom from \$459.

Oahu Flights + 6 Nights from **\$885**
INCLUDES Waikiki accom and roundtrip airport transfers. **ADD** surf lessons from \$95.

New York Flights + 3 Nights from **\$975**
INCLUDES Manhattan accom near Central Park.
ADD Slice of Brooklyn Pizza tour from \$95.

Vacations

Costa Rica

Flights + Car
from **\$895**

INCLUDES flights to San Jose and 7-day car rental with unlimited mileage. **ADD** 1-night San Jose accom including breakfast from \$85. **ADD** 1-night La Fortuna accom including breakfast from \$145.

London

Flights + 2 Nights + Tour from **\$1295**
INCLUDES flights and first 2 nights central accom. **BONUS** Buckingham Palace state rooms tour included. **ADD** London Eye ticket from \$35.

All-inclusive Packages

Riviera Nayarit

7 Nights 4-Star
from **\$809**

UPGRADE to 4.5-star accom from \$919.

Varadero 7 Nights 4-Star from **\$915**
UPGRADE to 5-star accom from \$1165.

Los Cabos 7 Nights 4-Star from **\$1015**
UPGRADE to 4.5-star accom from \$1145.

California Dreaming

California Fly & Drive

Flights + Car + Bonus
from **\$549**

INCLUDES flights to San Diego, return from San Francisco and 7-day car rental with unlimited mileage to explore California's Pacific Coast. **BONUS** \$200* hotel credit included. **ADD** 2 nights San Diego accom from \$159.



Drive to Malibu and go to the Carbon Beach Club. It's right on the beach with a stunning view and great food.



Anaheim Family Special

Flights + 5 Nights + Bonus from **\$385***
INCLUDES accom at a newly renovated hotel featuring an art deco ambiance near theme parks. Price per person based on family of 4. **BONUS** one free* Disneyland Resort 3-Day 1-Park Per Day Ticket included. **ADD** additional Disneyland Resort 3-Day 1-Park Per Day Tickets from \$259/adult, \$249/child (ages 3-9).

Park passes are usually cheaper to buy in advance and multi-day tickets will bring the per-day cost down.



Flights & Cruise

Hawaii Flights + 2 Nights + 11-Night Cruise

from **\$1889**

INCLUDES return flight to Vancouver, Waikiki accom and cruise sailing Vancouver to Honolulu visiting Maui, Kilauea Volcano (cruising), Hilo, Kona and Kauai.

San Francisco

Culture & History

Flights + 3 Nights + Bonus

from **\$619**

INCLUDES accom at a retro inspired boutique hotel. **BONUS** free* Alcatraz Island Combo Tour included. **ADD** hop-on, hop-off tour from \$45.



To avoid long Cable Car lines, head to Mason and Bay Streets where waits are much shorter.



San Diego City & Beaches

Flight + 4 Nights + Bonus from **\$675**
INCLUDES accom located near the marina with daily breakfast. **BONUS** free* San Diego Zoo ticket included. **ADD** 1-Day SeaWorld general admission from \$95.

The San Diego Trolley offers an easy way to get to and from many of the city's popular tourist attractions without the hassle of driving and parking. It runs from early morning to midnight weekdays and until 2am on Saturdays.



Tour

Australia 12-Day Tour

from **\$929**

HIGHLIGHTS Uluru, Kings Canyon, Coober Pedy, Quorn, Parachilna, Adelaide, Halls Gap and Port Campbell. Travel Alice Springs to Melbourne. Trip for ages 18 - 39's.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!



flightcentre.ca
More great deals online!



Visit us in store.
170 stores across Canada.



1 855 230 2053
950 Airfare Experts across Canada.

Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air, pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. *Price is per person for quad occupancy (2 adults & 2 kids ages 2-17) for total length of stay unless otherwise stated. **Conditions apply. For full terms and conditions please speak with a Flight Centre Travel Consultant or visit flightcentre.ca/california-dreaming. †We will beat any written quoted airfare by \$1 and give you a \$20 voucher for future travel. ‡Fly Free* offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit flightcentre.ca/lowestairfareguarantee-flyfree. BC REG. #H02790

'Unsafe'

Vancouver police search marijuana dispensary

The Vancouver police drug squad is taking steps to shut down an East Vancouver marijuana dispensary that police feel is operating in an "unsafe" manner.

Officers searched Weeds Glass and Gifts at 2580 Kingsway on Monday morning with a search warrant obtained as part of an ongoing drug investigation.

Police will be recommending charges and may recommend seizing some of the property under civil forfeiture laws, according to a statement.

And based on the statement, other dispensaries should be on their toes.

"These dispensaries are illegal and the Vancouver police department will initiate investigations on a priority basis," drug squad Insp. Mike Serr said.

"Dispensaries that are operating in a manner that causes concern for public safety will become a priority."

Serr's words mark a departure from the police department's typical attitude toward dispensaries. They are usually investigated only after someone makes a complaint.

"For the most part, medical marijuana dispensaries operating today in Vancouver do not meet these criteria," according to a police statement.

But the statement noted police have taken action against dispensaries in the past and would again if there were threats to public safety.

EMILY JACKSON/METRO



Carol and Norm Todd speak in Port Coquitlam following the inaugural Snowflake Walk named after their daughter Amanda, who took her own life after facing online harassment and bullying. PHYLCIA TORREVILLAS/METRO FILE

New report urges action against online harassment

#CyberMisogyny. Group wants legislation passed that protects women who are victims of web-based abuse



MATT KIELTYKA
matt.kieltyka@metronews.ca

British Columbia needs legislation that allows female victims of online harassment to take their tormentors to court, according to a new report.

West Coast Women's Legal Education and Action Fund (LEAF) released a report entitled #CyberMisogyny on Monday, highlighting how women are vulnerable to harassment, hate

speech and sexualized threats online (dubbed the "new frontier of hate") and how Canadian laws have not kept up to protect them.

While women represent the majority of Internet users who face discrimination (in the forms of revenge porn, non-consensual sharing of images, child exploitation, cyber stalking and gender-based hate speech), West Coast LEAF found many of the cases go unreported and are subject to loopholes in criminal law.

The report cites one case in Saskatchewan where a man was acquitted of theft and mischief charges for posting nude images of his ex online.

"The judge identified a gap in the law. Criminal harassment is applied when there is a threat to physical safety," said Laura Track, the group's legal

director. "The standards that apply don't translate easily (to online offences)."

The federal government has already proposed Bill C-13, the Protecting Canadians from Online Crime Act, in an attempt to close loopholes, but the bill has been hotly contested over provisions that may infringe on privacy rights.

West Coast LEAF recommends splitting the bill in two, so the portions making it a criminal offence to make, publish and distribute sexual photos online without consent can be immediately implemented.

It also wants the provincial government to table legislation similar to Nova Scotia, where victims of online discrimination can sue their tormentors for damages and obtain the legal right to remove materials

from websites.

Cyberbullying has been a hot-button issue in the country.

But the catch-all term does a disservice to the underlying issues, says Track.

"It obscures the sexism and misogyny that underlies the bullying behaviour," she said.

It also paints online discrimination as a youth problem, even though adult women make up 90 per cent of cases that involve images being posted online without consent.

Other recommendations in the report include banning the sale of "stalking apps" that allow for monitoring of people's online activities, extending legal aid to victims of sexualized cyber misogyny and amending B.C.'s Education Act to allow school administrators to take disciplinary action in cases of online harassment.

1 NEWS



Canadian Health Care Academy

Have you been thinking about a new career?
Health Care is the way to go!
There are jobs waiting for you!



Canadian Health Care Academy is now offering **Evening Nursing Unit Clerk and Health Care Assistant Programs** at our **Surrey Location**. **Classes start every month.**

Evening Access to Practical Nursing classes start on September 2nd and Practical Nursing morning classes start on September 29th at New West Location.

Tuition after discount for NUC is \$9,050, HCA \$6,500, Access to PN \$17,500 and for Practical Nursing is \$26,000.

Weekly Open House Every Wednesday



Call: 604.540.2421 | info@chcab.com | www.chcab.com | Surrey campus 604-589-2422

LOWEST TUITION FEES

Health Care Assistant Program
Classes start every month
Only 6 months long including a 7 week practicum in a FHA or VCH Nursing Home

Nursing Unit Clerk Program
Classes start every month
Only 7 months long (3days/week) including a 5 week practicum in a FHA or VCH Hospital/ Nursing Home

Practical Nursing Program
Evening Access: Sept. 2
Morning Classes: Sept. 29
73 weeks long including clinical experiences in FHA & VCH Nursing homes & Hospitals

English, Biology, Math & Anatomy & Physiology Nursing Pre-Requisites
All pre-requisites for the PN program are offered part time - free of charge. Call for start dates.



• EDGEWATER CASINO •

CANADA DAY CONCERT SERIES

PLAZA - OF - NATIONS

HAPPY BIRTHDAY CANADA!

JUNE 28TH - JULY 1ST

A FOUR DAY CELEBRATION!

LOCAL BANDS • BEER GARDEN • FIREWORKS • CANADIANS

EDGEWATERCASINO.CA/CANADA

FOR CONCERT LISTINGS AND MORE!

Become 1 of 10 MILLIONAIRES!

Maple Leaf Millionaires!

EDGEWATER CASINO

DOWNTOWN VANCOUVER

FROM JUNE 23 TO JULY 26

10 CHANCES TO WIN 1,000,000 ENCORE REWARDS POINTS*

DRAWS EVERY SATURDAY AT 9PM & 10PM

EARN BALLOTS BY PLAYING SLOTS AND TABLE GAMES

* Equivalent \$5,000 in cash.

Across from BC Place • 750 Pacific Boulevard S., Vancouver • edgewatercasino.ca

f Edgewater Casino, Vancouver @CasinoEdgewater

Know the odds of the game.

GameSense

19+



Vancouver breast cancer patient Heidi Hare breaks down in tears during a wig consultation at West Coast Wigs in North Vancouver on June 18. THANDI FLETCHER/METRO

‘My hair gives me my courage and my strength’

Cold-cap hope.

Breast cancer patient heartbroken she can't try hair-saving therapy



THANDI FLETCHER
thandi.fletcher@metronews.ca

When Heidi Hare's surgeon told her she would need to undergo chemotherapy, the Vancouver breast cancer patient said she was devastated at the prospect of losing her hair.

"I went home, drank a bottle and a half of wine, ate cupcakes for dinner and had a pity party," Hare, 42, told Metro. "I have amazing hair. My hair gives me my courage and my strength."

Although surviving breast cancer is her primary concern, Hare said her naturally wavy, brunette locks are an important part of her identity.

So when she found out through a previous Metro story about cold-cap therapy, a special hair cap that claims to help prevent hair loss during chemotherapy, she knew she wanted to try it.

Hare, who has a 12-year-old son, said she hoped cold-cap therapy would help her preserve a sense of normalcy when she starts chemo in July.

The caps — tight-fitting hats filled with a special type of gel chilled between -26 C and -40 C — work by shrinking blood vessels and reducing the amount of chemotherapy drug that reaches hair follicles. Some B.C. chemo patients were able to try cold-cap therapy in the past and had success preserving their hair.

Although some patients were previously allowed to try cold caps as a trial, Dr. Marianne Taylor, interim VP of systemic therapy for the B.C. Cancer Agency, said the

caps were disruptive and interfered with providing patients with safe and efficient care.

"While we understand that losing hair during chemotherapy is difficult, given the lack of definitive evidence supporting the cold caps and space issues in our chemotherapy units, we cannot support the use of this technology at this time," she said.

As a former cancer researcher for the B.C. Cancer Agency, however, Hare said she has a hard time understanding how a freezer could be disruptive to patient care.

"Coming from the lab environment, I know how much space a freezer takes up," she said. "I don't know, I just don't understand it."

Realizing she may not be able to try cold-cap therapy, Hare said she is trying to come to terms with losing her hair. Last week, she visited West Coast Wigs in North Vancouver to discuss her options.

Still, if she could preserve her natural hair during chemo, Hare said, "that would just be leaps and bounds."

"I will find the courage and stand up and fight this," she said, "but to know that there's a possibility that I might not lose my hair, that would be huge for me."

Opinion divided on technology

"While we understand that losing hair during chemotherapy is difficult, given the lack of definitive evidence supporting the cold caps and space issues in our chemotherapy units, we cannot support the use of this technology at this time."

Dr. Marianne Taylor, interim VP of systemic therapy for the B.C. Cancer Agency

Vision Vancouver nominates candidates

November election.

The NPA is expected to announce its choice for mayor this week



EMILY JACKSON
emily.jackson@metronews.ca

Vancouver's dominant civic party has selected all of its candidates for the November

election — and it's keen to point out its top political rival has yet to announce even its mayoral candidate.

More than 1,650 Vision Vancouver members voted on Sunday for four new park board candidates and one new school board candidate to run with the party's slate of incumbents.

Naveen Girm, Trish Kelly, Sammie Jo Rumbaua and Coree Tull will run for park board (they ran as a slate)

and Joy Alexander will vie for school board.

Vision is contrasting its open nomination process — any member could cast a ballot — to the NPA's behind-closed-doors selection of its yet-to-be-revealed mayoral candidate.

The party and Mayor Gregor Robertson compared its process to the "out of touch" NPA.

The NPA, however, hasn't been having a great June.

It kicked out two of its

school board trustees from the party after they held a rogue news conference where they made comments linking a new transgender policy to real estate prices.

To counter the picture of secrecy, it posted an extensive summary of its confidential candidate selection process on its website, taking care to note the percentage of women and people under 45 years old involved.



Vision Vancouver park board candidates Sammie Jo Rumbaua, left, and Naveen Girm, right, pose with Coun. Geoff Meggs. TWITTER: @NAVEEN_GIRM



Switch your banking to BMO®. Get up to \$300*. And relax.

Follow these three easy steps to \$300.

Step 1:

Open a chequing account and set up a recurring deposit. **Get \$100.**

Step 2:

Set up a Pre-Authorized Payment and login to BMO Online or Mobile Banking. **Get \$100.**

Step 3:

Open a savings account and deposit at least \$3,000. **Get \$100.**

Offer ends August 31, 2014.

Visit a branch or bmo.com/300cash for details.

[f /BMOcommunity](https://www.facebook.com/BMOcommunity)

[@BMO](https://twitter.com/BMO)

BMO  **Bank of Montreal**

*Additional terms and conditions apply. Full details are available at bmo.com/300cash, or visit any BMO branch. Offer is available from June 1, 2014, – August 31, 2014. You have the opportunity to earn up to \$300 in cash bonuses when you open a new Chequing Account and Savings Account (defined below). To qualify for the first \$100 cash bonus, you must open a new Primary Chequing Account ("Chequing Account") with a Plus, Performance or Premium Plan, make a deposit by August 31, 2014 AND set up a recurring direct deposit from your employer or pension and have a direct deposit transaction credited to the Chequing Account by October 31, 2014. To qualify for the second \$100 cash bonus you must setup a pre-authorized bill payment, have it debited from the Chequing Account by October 31, 2014 AND sign up for and log in to BMO Online or Mobile Banking by October 31, 2014. (both bonus offers collectively "Chequing Account Bonus"). An additional \$100 cash bonus is available if you qualify for the Chequing Account Bonus and open a new Smart Saver Account or Premium Rate Savings Account (collectively "Savings Account") and maintain a balance of at least \$3,000 in the Savings Account until December 31, 2014. Cash bonus(es) for the Chequing Account offer will be credited to the Chequing Account by December 31, 2014. Cash bonus for the Savings Account offer will be credited to the Chequing Account by February 28, 2015. Offers may be changed, withdrawn or extended at any time without notice. ® Registered trade-marks of Bank of Montreal.

Mistaken identity

Two face murder charges in halfway house shooting

Two men have been arrested and charged in connection with a murder that police believe was a case of mistaken identity.

Three days ago, police arrested Colin Victor Stewart, 32, of Surrey, and Kevin James Jones, 35, of Vancouver in connection with the murder of 35-year-old Rajinder Singh Soomel.

The men have both been charged with first-degree murder.

Soomel, known as Raj Soomel, was shot Sept. 29, 2009, outside a halfway house where he was staying on Cambie Street near West 19th Avenue.

Homicide investigators believe Soomel was the victim of a gang-related shooting.

The intended target is believed to be Randy Naicker, who was living in the same halfway house, police said.

THANDI FLETCHER/METRO

108th Avenue

Nanaimo man arrested in Surrey killing

Homicide investigators have arrested a man in connection with the killing of a 33-year-old Surrey man.

Dustin Barry Anderson, 42, of Nanaimo has been arrested in the killing of Shaunice Poirier, according to the RCMP's Integrated Homicide Investigation Team.

Anderson is known to police.

On June 16, Poirier was found with life-threatening injuries in 13,200-block of 108th Avenue in Surrey. He died in hospital later.

Sgt. Bari Emam of IHIT said investigators have determined the homicide was "not a random act."

Anderson will be appearing in Surrey Provincial Court on Tuesday.

He faces one count of second-degree murder, according to IHIT.

THANDI FLETCHER/METRO

Targeted shootings

Cops investigate shooting at International Village Mall

Vancouver police are investigating after a 22-year-old man was shot near International Village Mall early Monday.

Around 2:30 a.m., the victim walked into St. Paul's Hospital with a minor gunshot wound, said Const. Brian Montague, spokesman for Vancouver

Police. Montague said police were not aware of the shooting before the victim arrived at the hospital. They believe the shooting took place near Abbott Street and Keefer Place.

The victim is not cooperating with investigators, Montague said.

The incident is the latest in a string of targeted shootings in the cities of Vancouver and Surrey, but Montague said the spike in violence is a short-term trend. People shouldn't fear for their safety, he said.

THANDI FLETCHER/METRO

Mom of alleged trafficking victim says the system failed her daughter

'I did try to seek help'

Halifax-area woman says she's not getting enough assistance keeping teen from a life of drug abuse and sexual exploitation



**RUTH
DAVENPORT**
Metro in Halifax

A Halifax-area woman whose daughter was allegedly coerced into prostitution says the problem isn't the individual who's facing charges — it's a larger system that failed, and continues to fail, children.

Tashlynn Shaw, 23, was arrested last week and is facing child-trafficking and underage-prostitution charges.

Police say the investigation involved two young girls — aged 13 and 14 — who had been forced into the sex trade.

But the mother of one girl

says her daughter started selling her body not because of any one adult, but because of a system focused on blame rather than support.

"These girls are out there doing this stuff on their own and it doesn't seem that anything is being done until someone of age ... is there to pin the human trafficking on," said the woman, whose identity is protected in order to protect her daughter's identity.

The 37-year-old woman says she's struggling to save her daughter from a life of drug abuse and sexual exploitation, and isn't getting help from police or any social agencies.

The problems started when the girl was 10 and the woman went through a bad breakup, turning to drugs and even prostitution to cope. She said the formerly good girl started acting out after watching her mother "fall apart" — running away from home and pushing her mother further into self-



Tashlynn Shaw, who faces child-trafficking and underage-prostitution charges, arrives at Halifax provincial court Thursday. JEFF HARPER/METRO IN HALIFAX

destruction.

"I did try to seek help, and (child welfare) did send someone ... but it took two weeks

for them to even get back to me," said the woman. "She kept saying, (the girl) needs to be taken out of the home, and

Quoted

"As much as I hated that they took my kids, they needed to, and I understand that. I just wish they would have helped before it got to that point."

Mother of alleged teen prostitution victim

no one listened. And my whole life fell apart."

Child welfare took the woman's four kids, placing them with relatives, friends and foster families. At the age of 13, the eldest reportedly followed a friend into the sex trade, posing as a 17-year-old in online ads.

The mother says the girl was in and out of group homes, where a lack of structure enabled her sex work.

"They don't monitor them," she said. "(The kids) say they're going somewhere at 9 a.m., and they leave. And no one checks on where they're going."

The woman, who's been

clean since 2012 and has completed parenting and self-help courses, has her three younger kids on weekends and her eldest daughter full-time. She says her daughter has developed a taste for money and freedom, and doesn't want the structure of a normal home life — and the system that was quick to take the children away isn't there to help rebuild.

"They were so focused on the blame that could be put on me and not focusing on how she was feeling and how to deal with her issues with me," she said. "There's been more ... people that are there to feel sorry for her than want to really get down to the issues."

SUPERPHONES SUPER SALE

Great gift ideas for Graduation on Canada's largest LTE network.¹

Bell gift giving
just got
better

Visit a Bell store for our best service and selection.
1 888 4-MOBILE • bell.ca/supersale



Samsung Galaxy S5™
superphone

\$179⁹⁵

2-yr. term on a min.
\$80 Plus device plan with data
\$699.95 No term

Egyptian-Canadian journalist gets shocking 7-year sentence

"Thank you Canada. I will be arriving soon for some love. No terrorism plans, I promise :)"

This is one of several tweets Egyptian-Canadian journalist Mohamed Fahmy had asked his brother to send Monday as soon as an Egyptian judge ordered his much anticipated release.

But in a shocking turn of events, Fahmy and two other Al-Jazeera journalists were sentenced to seven years in prison on terrorism-related charges, a verdict widely denounced as an attack on freedom of expression.

"No one expected this verdict at all," Fahmy's brother, Sherif, said in a phone interview from Cairo. "Mohamed, when I saw him last week ... he was extremely optimistic."

To see that hope swept away has dealt the family a crushing emotional blow, he said.

"My parents are too old for this.... My mother, for example, she broke down today, a total breakdown; none of us are able to calm her down at



Journalist Mohamed Fahmy sits in the defendant's cage in Cairo, Egypt, Monday. AHMED ABD EL LATIF/EL SHOROUK
NEWSPAPER/THE ASSOCIATED PRESS

all."

Fahmy and his colleagues — Australian Peter Grete and Egyptian Baher Mohamed — were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

All three were accused of providing a platform for the Islamist Muslim Brotherhood group of ousted president

Mohammed Morsi, which Egypt's government has branded a terrorist organization.

Fahmy — whose family moved to Canada in 1991 — lived in Montreal and Vancouver for years before eventually moving abroad for work, which included covering stories for the New York Times and CNN.

His family has previously praised the Canadian government, saying it had been working diplomatic channels to help win his release.

After Monday's verdict, however, Sherif Fahmy said Ottawa should take a clear and public stance in his brother's defence.

"Call the Egyptian president ... call the Egyptian ambassador in Canada, like Britain did today," he said.

"Do something that proves that you actually care for Mohamed, that is what I am asking them to do."

The Canadian government said it was "very disappointed" with the verdict.

THE CANADIAN PRESS



Seeing red in Ottawa

Gov. Gen. David Johnston stops to speak with a soldier as he inspects the Ceremonial Guard at Rideau Hall Monday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

Sudan

Woman convicted of apostasy freed from death row

A Sudanese woman on death row for apostasy had her sentence cancelled and was released by a Khartoum court on Monday, her lawyer and state media said.

State news agency SUNA said the Court of Cassation cancelled the death sentence against 27-year-old Meriam Ibrahim after her defence lawyers presented their case. Her lawyer, Eman Abdul-Rahim, said Ibrahim has left prison and is with her husband and two small children, who had been with her in jail.

Ibrahim was convicted of apostasy for marrying a Christian. Sudan's penal code criminalizes the conversion of Muslims to other religions, a crime punishable by death.

The sentence drew international condemnation. THE ASSOCIATED PRESS



Sony Xperia® Z2 superphone

\$149⁹⁵

2-yr. term on a min.
\$80 Plus device plan with data
\$699.95 No term



The all new HTC One™ (M8) superphone

\$129⁹⁵

2-yr. term on a min.
\$80 Plus device plan with data
\$699.95 No term



Samsung Galaxy S4™ superphone

\$0

2-yr. term on a min.
\$80 Plus device plan with data
\$699.95 No term

Say BYE to IOUs.

Banking can be this comfortable.



Interac e-Transfer® allows you to send and receive money quickly. With a few taps on your smartphone you can transfer money to the dog walker, pay back a friend, or even split a dinner bill. Spend less time worrying about IOUs and more time enjoying what really matters.

Download the TD app at td.com/comfortablebanking



Recipients must first be set up in EasyWeb. The fee to transfer is \$1.50. Regular account transaction fees may also apply. ® Interac e-Transfer is a registered trademark of Interac Inc. Used under license. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

America

Defective airbag recall spreads

A recall of defective air bags is spreading to more manufacturers.

BMW, Chrysler, Ford, Honda, Mazda, Nissan and Toyota will all recall cars at the U.S. government's request because their air bag inflators could rupture.

THE ASSOCIATED PRESS

New Jersey

There will be no sports betting in Atlantic City: Court

The U.S. Supreme Court on Monday left in place a ban on sports gambling in New Jersey, rebuffing an attempt to bring betting on professional and college sporting events to Atlantic City casinos and the state's race tracks. THE ASSOCIATED PRESS

Germany

Robot 'Ray' is the valet of the future

Plane to catch and can't find a parking spot?

Travellers at Duesseldorf airport in Germany can soon leave the job to a robot valet. An airport spokesman says the robot, nicknamed Ray, starts work Tuesday and can be booked using a smartphone app.

THE ASSOCIATED PRESS

Take this Ringly as a sign of love for my phone?

Commitment. For those looking to take things with their smartphone to the next level, comes a Bluetooth-connected ring



The first wearable tech-smart ring vows to keep you connected to your phone. Ringly uses Bluetooth LE to alert wearers to a call, text or even Tinder.

The New York-based boffins behind the band say it's designed to help women discreetly stay on top of hectic social and professional engagements without the need to constantly check their phone.

The 18 karat gold-plated gadget inlaid with a choice of four semi-precious stones — black onyx, rainbow moonstone, pink sapphire, and emerald stone — features four vibration patterns and five colours that can be assigned to different notifications.

Co-founder Christina Mercando tells Metro why women need to have their (ring) fin-

In a serious relationship with your smartphone? Put a Ringly on it. RINGLY

ger on the smart technology pulse.

Nowadays, we're more connected to smart technology than ever before, so why do women need this piece of wearable tech?

One day after work I was out with some friends and totally

lost track of time. My phone was buried in my purse, so I didn't get any of the texts from my boyfriend, who was telling me that I was late for our dinner reservation. That's when I realized that women have this huge problem of missing important phone calls and notifications because they, unlike men, don't keep their phones in their pockets.

Is the functionality of the design more important than its esthetic?

We are a fashion-first company that packs small and powerful technology into beautiful jewelry. It was important to create a product that women would want to wear even if it didn't have technology inside. METRO WORLD NEWS

DISTRIBUTION ASSISTANT (FULL TIME)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short — we're still growing! When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

PRIMARY RESPONSIBILITIES:

- Checking Vending boxes and Metro News delivery points
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data and other administrative duties

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Must be proficient in excel, Microsoft Outlook, Microsoft Word
- Familiar with the City of Vancouver
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Individuals interested and having the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than June 30th, 2014.

PLEASE QUOTE: "DISTRIBUTION ASSISTANT (FULL TIME) — Vancouver" in the Subject Line. All submissions will be treated as confidential.



Market Minute



DOLLAR
93.23¢
(+0.22¢)



TSX
15,105.63 (-3.34)



OIL
\$106.17 US (-\$0.66)

Natural gas: \$4.44 US (-\$0.08)
Dow Jones: 16,937.26 (-9.82)



GOLD
\$1,318.40 US (+\$1.80)



EARN AN AMERICAN MBA IN VANCOUVER, CANADA

- General MBA, Concentration in Finance or Tourism • Six intakes per year
- Students can apply for credit waivers • International students eligible for off campus and post-graduation work permits

For details, visit: nyit.edu/canada or call 888-809-0418

email: vancouverinfo@nyit.edu • NYIT, 701 W. Georgia St. 17th floor, Vancouver

NYIT

NEW YORK INSTITUTE
OF TECHNOLOGY

WE'RE OUT THERE. JOIN US.

SORRY, PANTENE, I'M NOT BUYING IT

Pantene wants women to stop saying, "Sorry." Last week the hair-care brand launched a new marketing video that depicts women saying "sorry" in various situations that really don't warrant an apology.

The viral video, which already has more than two million views on YouTube, urges women to stop asking for forgiveness in everyday situations, be confident and #shinestrong.

This shine strong message is a subtle reminder that Pantene isn't only selling female empowerment, it's also hawking shampoo with pro-v antioxidant formulas designed to give you shiny, glossy hair.

The Sorry Not Sorry video reminds me of Dove's Campaign for Real Beauty, which encourages women to love our bodies and be proud our curves. It's a nice idea, but Dove subverts its own body-positive messaging by retailing intensive firming cream



SHE SAYS
Jessica Napier
metronews.ca

designed to eradicate the same cellulite we're supposed to be embracing.

The problem with both campaigns is that these companies — as progressive as they might hope to appear — are out to sell products. Dove and Pantene tell us to be confident in our own skin but they're also trying to cash in on our insecurities. We buy hair spray and scented body wash and moisturizing lotion because we have been told we should look and smell and feel a certain way.

Of course we shouldn't be apologizing all the time ... unless it's about our dull, lacklustre hair, right?

Despite what Pantene would have us believe, I don't think "sorry" is a gendered word designed to disempower modern women. The word has simply become a habitual placeholder for all sorts of phrases. It's a term used by both men and women to get someone's attention

#thisisnotwhatfeminismlooklike

Faux-feminist rallying cries like #wearebeautiful and #shinestrong are hard to stomach when you consider the fact that these companies are ultimately the ones perpetuating the beauty standards they claim to overthrow.

or as a knee-jerk response to any sort of physical contact with a stranger. I don't say "sorry" because I feel weak in my everyday life; I say "sorry" because it's usually the polite thing to do and because I was raised in a country of overly-apologetic Canadians.

I understand that beauty companies want to create a meaningful dialogue with women, but they have to stop patronizing us with these over-the-top viral videos and cutesy hashtags.

So I'm sorry, Pantene, I'm not buying your marketing campaign — or your hair products.

ZOOM

Futbol and fancy dress



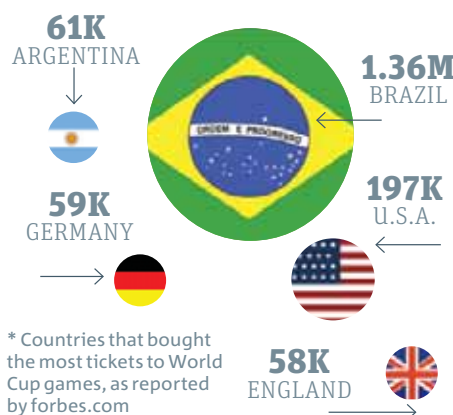
ALL PHOTOS THE ASSOCIATED PRESS UNLESS OTHERWISE NOTED



GETTY IMAGES

While some of these teams didn't survive the first round, Metro salutes all of the World Cup fans who, no doubt, have made their fellow countrymen and women proud. Clockwise from top left: Fans from Cameroon, Argentina, Netherlands, Brazil, Honduras and Croatia cheer on their teams.

Biggest spenders*



* Countries that bought the most tickets to World Cup games, as reported by forbes.com

Least hooligan-y

- Japanese fans scored top points at this World Cup from the clean-up crew, after tidying up after themselves and leaving stands immaculate.

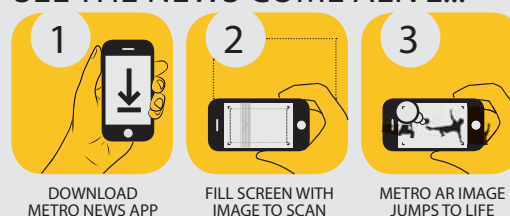
Most appropriated

Oct. 22, 2003

Date which can be traced as the birth of what is now soccer's most prolific chant. It began in a bar in Milan with fans of Belgium's Club Brugge K.V. chanting a riff from Seven Nation Army by the White Stripes. This was adopted and nurtured by Italy, brought across the Atlantic by Penn State, and then co-opted by fans around the world. **DEADSPIN.COM**

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 12 in Scene and page 16 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

The man who runs with bees



ANDREW FIFIELD
andrew.fifield@metronews.ca

Like moving to the country and opening a bait shop, beekeeping's a career that's easy to admire from afar on a day when you've had enough of sitting at a desk.

Oregon beekeeper Wolf Carr never had such idle daydreams, it seems. He figured out pretty early on that having hives was the life for him and this short profile film makes his typical day seem like one to envy. If this lovely slice of Wolf's sweet life has you intrigued, you can learn more at julietzulu.us. And if that's not enough, we could always take up beekeeping together. (Juliet Zulu/Vimeo)



SCREENGRAB



How Banks found salvation in dark R&B

Musical catharsis.

Singer has anger to thank for her songwriting and subsequent success

RICHARD PECKETT

Metro World News in London

"If I wasn't that lost or lonely, I don't know if I would have even discovered music," says Jillian Banks, the R&B singer-songwriter better known as Banks. She's speaking of her parents' divorce; the mental distress and solitude of her teen years were escalated through her family's domestic disputes.

But rather than go full-throttle on self-destructive teen rebellion, the L.A.-based 26-year-old, whose debut album *Goddess* drops this September, used her anger as a catalyst for musical creativity.

"It was such a blessing to be so angry," she explains. "If I wasn't in such a dark place I wouldn't have been in a weird enough mood to start tinkling about on the piano."

She channelled her repressed inner turmoil into a "fake keyboard that only needed a napkin-light touch to make a noise," she shares.

This instrumentally crude musical catharsis was the beginning of what would become her now signature darkly pulsing beat. "I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling. And all of a sudden all of



Banks' debut album, out in September, is called *Goddess*. GETTY IMAGES

these weirdly intricate poems were coming out with melodies on top of chords."

Banks had had no formal musical training at this point. In fact, she still writes all her songs by ear, which maybe accounts for her alternative, sultry brand of R&B. Her writing is an emotional confessional, apt from an artist who has a bach-

elor's degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life. Music is where I feel completely liberated and free to express myself."

Her candid honesty led to her first accidental release *Before I Ever Met You* to be

AUGMENTED REALITY

→ Want to see a beautiful music video? Scan this photo with your Metro News app to check out Banks' video for her song *Waiting Game*.



→ See the full instructions on Metro's Voices page.

dubbed a breakup jam.

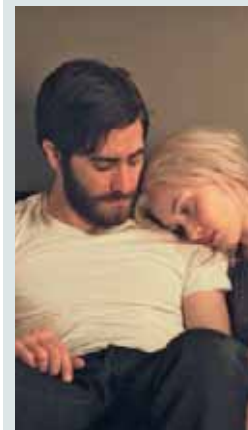
True to her word, Banks is reticent when asked to divulge the so-called "nitty gritty" of what sparked the song. But she admits that all her music is "me, me, me, me. It's almost voyeuristic to listen to; I'll have to be fearless releasing all this stuff — I just hope people connect to it," she giggles.

She doesn't need to worry. Banks has already been anointed by BBC Radio 1's Zane Lowe, who nominated *Before I Ever Met You* as his Next Hype record in 2013, can count Katy Perry among her fans and has had tracks used both on a Victoria's Secret ad and the movie *Divergent*.

None of this would have been possible had Banks' manager not been bold enough to rip the track from her private SoundCloud account and whisked it away to the influential ear of the BBC DJ.

"It was a blessing from the universe," she says. "It kind of gave me that extra little push to be fearless; I would die for him (Zane Lowe)," Banks gushes.

DVD review



Enemy

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Mélanie Laurent

Toronto history professor Adam Bell (Jake Gyllenhaal) suddenly finds the present more urgent than the past when a perfect doppelgänger named Anthony aggressively enters his life. This is the deceptively simple setup to *Enemy*, a taut psychosexual thriller by Quebec's Denis Villeneuve that won a leading five prizes at this year's Canadian Screen Awards, including Best Director. Based on The Double, a novel by Nobel Prize-winning novelist José Saramago, the film was shot in Toronto and bathes the city in sinister hues of brown and grey, making it seem like a character. Admirers of Alfred Hitchcock, Roman Polanski and David Lynch will find a friend in *Enemy*, which also includes intriguing figures played by Sarah Gadon, Mélanie Laurent and Isabella Rossellini.

PETER HOWELL

salsa cruises.com

SATURDAY

June 28 | July 12 | Aug 9, 16 & 23 | Sept 13

Win a pair of tickets aboard this Summer's Salsa Cruise Series

3 Levels of Music, 3 DJs, Complimentary Salsa Lesson aboard Vancouver's largest cruising vessel MV Britannia (Stanley Park)

Call Angelita 604.312.6772

PUT THE SMART BACK IN YOUR PHONE...

Download the FREE Metro app today!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kim Jong Un-happy about portrayal in new Franco-Rogen film

MELINDA
TAUB

Metro World News

If James Franco and Seth Rogen were hoping for an invite to a pickup basketball game with North Korean dictator Kim Jong Un, they can just forget it. Kim Jong Un is in a celebrity feud with them now.

Franco and Rogen star in the upcoming film *The Interview*, in which they play the star and producer of a TV talk show.

Lizzy Kaplan of the CIA informs them that Kim Jong Un is a big fan of their show, and asks them to go to North Korea and assassinate him.

The trailer for the movie dropped on June 11,

and Kim Jong Un, who is believed to be a Western movie buff like his father Kim Jong Il, is not pleased to find himself targeted for a fictional assassination. Unlike most celebrity beefs, this one cannot be settled on Twitter as Miss Manners recommends, but Kim has informed the world of his displeasure through a spokesperson.

"There is a special irony in this storyline as it shows the desperation of the U.S. government and American society," his spokesman Kim Myong-Choi said, according to the Guardian. "A film about the assassination of a foreign leader mirrors what the U.S. has done in Afghanistan, Iraq, Syria and Ukraine. And let us not forget who killed (President John F.) Kennedy — Americans."

"In fact, President (Barack) Obama should be careful in case the U.S. military wants to kill him as well."

If the military sends Seth Rogen and James Franco to do the job, I think Obama will be just fine.

London's calling Lohan, but it looks like Kate Moss won't be on the line

If Lindsay Lohan is looking to make her move to London permanent, she's not off to a good start with the locals. Lohan reportedly drew the ire of Kate Moss after reaching out to Moss' husband, musician Jamie Hince, upon her arrival across the pond, which apparently upset the British supermodel, according

to the Sun. Tensions came to a head during a recent run-in between Lohan and Moss at a London restaurant where Moss "was ranting about it to fellow diners," a source says. "The argument went on for a while, and Kate seemed extremely annoyed with Lindsay. People around them noticed it was going on."

Twitter



@KevinHart4real

Ladies my new nickname is "Bam Bam" and "The BULDGE" you know why if you saw "Think Like A Man Too" this past weekend!!! Lmfao



@ElizabethHurley

Just picked the perfect English rose on a perfect English day



@therealroseanne

leftys and rightys r both wrong.

Douglas Coupland

everywhere
is anywhere
is anything
is everything

Now Showing

couplandexhibition.org



Vancouver
Artgallery

Presenting sponsor:



Supporting sponsors:



Generous support from:

Vancouver Foundation
The Artworkers Retirement Society

Douglas Coupland, *Brilliant Information Overload Pop Head*, 2010, acrylic and epoxy on pigment print, Collection of Lucia Haugen Lundin.

3
LIFE

A 360-degree beach body plan

Stop comparing yourself to bikini models. Be your own boss. Eat lots of lean meat. Manipulate your metabolism. Health and fitness experts tell us what to do to look great four weeks, not four days, before your summer holiday.

ROMINA MCGUINNESS
Metro World News

It's \$\$\$, but when you can, buy organic

You'll be taking in fewer calories, so you need to make sure your body is getting the most nutrient-dense foods possible: "The same nutritional count is in an organic blueberry as a non-organic one; only the latter is loaded with chemicals your body cannot process. These are then stored by the body as a low level of inflammation, damaging cells at a high rate. Clean, organic foods, however, will go through your body with ease," says Gwyneth Paltrow's personal trainer Tracy Anderson.

Sleep is when your body goes to work

When you think of bodybuilding, you picture big workouts and big weights, though that's actually not good for your body. Muscle tissue is broken down during a workout, only to be repaired and strengthened during the recovery process. But this can't happen without sleep, which is when the body fixes itself, says Peterson. "Sometimes it's not about getting in another workout, but an extra hour of sleep. Some people get by on four, but that's not optimal; the body shuts down after a while. Seven hours is good for an adult."

Only pure protein

"You need to make sure your body has protein at the ready to build and rebuild tissue that has been torn down during a workout. And by that, I don't mean quinoa and

lentils, but non-fried, non-processed lean beef, chicken, eggs or fish," fitness expert Gunnar Peterson, who works out with most of the Kardashians.

Be your body's boss

"As soon as you're out there on the beach and you order some nachos and a margarita — you're going to bloat right back up," warns Anderson. "If you think you have about five pounds to lose ... then aim to shed 10." This will give your body leeway.

Have a plan, and actually stick to it

"Starving yourself is nothing but brain damage," Michelle Bridges, well-being guru and author of *Total Body Transformation*, tells Metro. Be consistent: "Get on the scales, jot your measurements down, and do a mini fitness test: Time how long it takes you to run one kilometre, and see how many crunches, squats, and push ups you can do in one minute. Now start training for 30-45 minutes, six days a week. The most important is to establish a routine. Redo that same fitness test after four weeks, and I can guarantee you will have improved."

What do you really want?

"Want an awesome diet and exercise plan? Google it," says Bridges. The real issue is figuring out what's going on in your head: "People beat themselves up mentally when a diet doesn't work out, which is far more damaging than being overweight ever will be. Nothing is going to change unless you adopt the right mindset. Figure out a week-by-week schedule, and think about what you really want, whether that's fitting into a size 10, or being able to run five kilometres. Only then will you be ready to tackle the rest," she explains.



Manipulate your metabolism

Turn your engine from a two-stroke to a V8: "The best way to increase your

metabolism is to include weights (such as kettle bells or dumbbells) in your cardio-based workouts. Your muscles will become leaner and denser, which in turn, helps burn more body fat.

"If you truly believe that beauty is looking like a random magazine model, you're never going to be happy. You're never going to feel good in a bikini, or naked for that matter," warns Anderson.

YOUR PLACE for YOUR KID'S DREAM BIKE!

COME & SEE WHERE A LIFETIME OF DREAMS ARE BORN!



WESTWOOD CYCLE BURNABY

101-5400 Kingsway
Grimmer Street

VISIT ALL OF OUR STORES:

- Maple Ridge 21626 Lougheed Hwy
- Port Coquitlam 3590 Westwood St
- Port Moody 3066 St Johns St

Receive a free water bottle with every new kids bike!

ON YOUR RIDE FOR LIFE...
Every time you shop at our four, local, family-owned stores we ride together for a happy, healthy, and economically sound community.

Cap's WESTWOOD CYCLE
PEDALLING GOOD CLEAN FUN FOR OVER 80 YEARS

SHOP ONLINE WITH OUR FULL CATALOGUE

westwoodcycle.ca

Cap's WESTWOOD CYCLE

PEDALLING GOOD CLEAN FUN FOR OVER 80 YEARS

SHOP ONLINE WITH OUR FULL CATALOGUE

Sweeten soup pot for red lentil day

Affordable family food

Ancient crop packs a one-two punch



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

Protein packed lentils are one of the most ancient crops known to have been cultivated. It crops up in history 8,500 years ago likely because it is a plant that grows easily in arid or cool regions. Loads of varieties are available and they are cheap and easily found at any grocery store. They are one of the few beans that don't require soaking or any other preparation which makes

them a perfect and affordable family food. Some of the more com-

mon varieties include:

- **Puy lentils:** Small blackish green, lower-starch variety. Great for creamy side dishes.
- **Green lentils:** Firm, larger pods great for cold salads.
- **Red lentils:** Actually the hulled inside of other lentils. Great for soups as they disintegrate when cooked.

All lentils rank very highly on the protein scale and, when paired with cheese and/or nuts make a complete protein just as effective as animal protein at building muscle. They are also one of the best forms of fibre, with one cup serving up just over half of your day's needs.

Just remember when cooking any lentils, pulses or beans not to add any acid like lemon or vinegar until the very end. Doing so stops the breakdown of the fibre so that they will not cook further. A good thing to curb the mushies but bad if you don't like crunching on pebbles.

FLASH FOOD



From your fridge to your table in 30 minutes or less

You can feed a family of four for under \$2 with a soup of high-protein lentils, nutrition-packed sweet potatoes and onions.

Cheese is optional and will cost a bit extra.

I know it seems weird not to peel the sweet potatoes but the skins are full of nutrients and are just as edibly delicious as white potato skins. Just give them a good scrub and chop!

Directions

1. Warm a large pot over medium-high heat and melt butter. Add onions and sweet potatoes; stir.

2. Add broth and water; add lentils. Bring to a boil, turn down to simmer and cover. Let simmer for 20 minutes.



PREP TIME
25
MINUTES

This recipe makes four servings. THERESA ALBERT

Ingredients

- 1 tsp butter
- 1 onion, chopped
- 1 small sweet potato, scrubbed and cubed, skin on
- 4 cups chicken or vegetable broth
- 1 1/2 cups water
- 1 cup red lentils
- 1 tbsp dried basil
- pinch dried red chili peppers
- 1/2 tsp black pepper
- 1 tbsp molasses
- 8 tbsp grated cheddar cheese (optional)

3. Stir in basil, chili peppers, pepper and molasses.

4. Grate cheese if using and serve at the table.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

UBC DENTAL CLINIC

The UBC Dental Clinic is now accepting patients for:

Dental Hygiene Services

We provide full dental hygiene services including examinations, mouth cancer screening, tartar removal/scaling, sealants, fluoride, x-rays, and oral hygiene instruction.

If you would like to participate in our Dental Hygiene Program:

Our Dental Hygiene clinic times are Tuesday and Thursday evenings, 6 to 9 p.m., and Saturday mornings, 9:00 a.m. to noon

For more information or to book a screening appointment please call 604-822-2112 between the hours of 8:30 a.m. and 4:30 p.m.

The UBC Dental Clinic operates at a reduced cost for these services.

UBC DENTISTRY



Your Future to Better Health



Get Celex products at following locations:

- | | | |
|----------------------------------|-----------------------------|-----------------|
| AEM's Salmon & Gift | #1360-8888 Odlin Cr. | Richmond |
| Bains Pharmacy | 8681 - 120th Street | Delta |
| Belle Spa & Cosmetic Center | 180 - 12420 No. 1 Road | Richmond |
| Consumers Nutrition Center Ltd. | 1112 - 6551 No. 3 Road | Richmond |
| L&C Pharmacy and Nutrition House | 125 - 4940 No. 3 Road | Richmond |
| Lotte Shopping Centre | 1089 Kingsway | Vancouver |
| Medicare Pharmacy | 190 - 7031 Westminster Hwy. | Richmond |
| Minoru Pharmacy | 7380 Westminster Hwy. | Richmond |
| Park Pacific Pharmacy | 2260 - 3700 No. 3 Road | Richmond |
| Queensborough Community Pharmacy | 1028 Ewen Avenue | New Westminster |
| Tung Yun Tong Herbal Co. Ltd. | 4640 No. 3 Road | Richmond |
| Your Vitamin Store | 826 - 5300 No. 3 Road | Richmond |

GENERAL ENQUIRY NUMBER: 604.231.6077

PUT THE SMART BACK IN YOUR PHONE...

Download the FREE Metro app today!



Canucks dig Willie's style

NHL. Desjardins named the 18th head coach in franchise history



**CAM
TUCKER**
cam.tucker@metronews.ca

When Canucks general manager Jim Benning began this quest to hire a new head coach, one of the criteria was finding someone who had won at different levels.

Enter Willie Desjardins, who the Canucks introduced as the 18th head coach in franchise history at a press conference at Rogers Arena on Monday. He reportedly signed a four-year deal.

Desjardins is one week removed from winning the Calder Cup with the Texas Stars in the American Hockey League, and twice has made it to the Memorial Cup with the Medicine Hat Tigers in the Western Hockey League.

Not only does his resumé

What do you think?



Will the Canucks make the playoffs this season under new head coach Willie Desjardins? Visit metronews.ca to take part in the online poll.

include winning, but also achieving success with young players, whether they're teenagers or in their early 20s.

How that point correlates to the Canucks is that with an aging core and three disappointing seasons following a run to the Stanley Cup final in 2011, this team is facing an influx of youth.

The Canucks' staff believe Desjardins, 57, is capable of getting through to such players, and it's a quality that could best serve the franchise through a transition period.

"Willie's excellent with working with young players ... his young players always improve," said Benning.



Willie Desjardins replaces John Tortorella as the Canucks' head coach. DARRYL DYCK/THE CANADIAN PRESS

Benning was recently candid about what characteristics he would like in a coach. The method of yelling and screaming at players wasn't among them.

Last June, the Canucks

management and ownership thought they were getting a motivator in John Tortorella.

Good intentions. But the season was a disaster.

Desjardins' strategy for motivating his players seems

a little different.

"I have a lot of respect for them and we all have the same goals. We want the same and it's how can we get there, and it's working together."



The Netherlands' Stefan de Vrij heads the ball past Chile's Francisco Silva, centre, in Sao Paulo, Brazil, Monday. Scan the image with the Metro News app for additional photos from Monday's matches FELIPE DANA/THE ASSOCIATED PRESS

Holland, hosts top their groups

Brazil relied on its star Neymar for two early goals to beat

Cameroon 4-1 Monday and reach the World Cup's knock-out stage for a South American showdown against Chile, a 2-0 loser to the Netherlands.

Winning its Group B with its third straight victory made sure that the Dutch avoided the host so early in the tournament. Instead, the Netherlands will face Mexico, which beat Croatia 3-1 to advance alongside Brazil from Group A.

Spain beat Australia 3-0 in an inconsequential game between already eliminated teams, a victory providing

Spain a little balm on the disappointing defence of its title.

With free-flowing games and buckets full of goals the rule in this outstanding tournament, it took until the final minutes of the Group A games for Brazil to make sure it advanced as group leader on goal difference over Mexico.

Both finished with seven points. Croatia was eliminated with three points, while Cameroon finished with three losses. Brazil finished first in the group because it had a better goal differential than Mexico, plus-5 to plus-3.

The Netherlands was the

first perfect team to advance, finishing ahead of Chile in Group B. Spain had three points with Monday's win, and Australia had three losses.

Neymar has four goals from three games to lead the top scorer's standings, edging a group of five players with three goals.

The Dutch scored twice in the last 13 minutes against Chile to finish the group stage with three straight wins. That was quite a turnaround for a team thought to be on the wane with aging stars like Arjen Robben.

THE ASSOCIATED PRESS



GET MORE IN A FORD

THE STANDARD FEATURES YOU EXPECT AND SOME YOU DON'T



WORLD'S BEST-SELLING CAR NAMEPLATE*

2014 FOCUS S SEDAN

OWN THE FOCUS S FOR ONLY

\$85** @ 0.99% APR

FINANCED BI-WEEKLY FOR 84 MONTHS WITH

\$0 DOWN

OR PURCHASE FOR ONLY \$14,948*.
OFFERS INCLUDE \$2,500 MANUFACTURER REBATE AND \$1,665 FREIGHT AND AIR TAX.

STANDARD FEATURES

- REMOTE KEYLESS ENTRY
- ADVANCETRAC® WITH ELECTRONIC STABILITY CONTROL***
- INDEPENDENT REAR SUSPENSION
- AUDIO INPUT JACK
- POWER WINDOWS/LOCKS
- AM/FM/CD/MP3
- 160-HP ENGINE
- TIRE PRESSURE MONITORING SYSTEM
- ANTI-THEFT ENGINE IMMOBILIZER
- AIR CONDITIONING
- ACTIVE GRILLE SHUTTERS

Unlock  More. Only at your BC Ford Store.

Go Further | bcford.ca |

Horoscopes

Aries

March 21 - April 20

A relationship may have been under strain of late but don't despair. Before this week is over you will have patched up your differences and be the best of friends again.

Taurus

April 21 - May 21

If you are tired of playing second fiddle then now is the time to do something about it. Let important people know what you can do. Part of the problem is you rarely push yourself forward.

Gemini

May 22 - June 21

The next few days will be memorable — hopefully for the right reasons. You are more likely to enjoy yourself if you let go of hang-ups and allow yourself to enjoy what life has to offer.

Cancer

June 22 - July 23

Try to accept the ups and downs of daily life with serenity. It's not as difficult as it sounds — just don't take anything, including yourself, too seriously.

Leo

July 24 - Aug. 23

Don't worry too much about keeping things civil today. If you've got something to say then come right out with it and, if certain people don't like it, too bad!

Virgo

Aug. 24 - Sept. 23

You will get several interesting offers over the next few days. How will you know which of them are right for you? Just listen to your inner voice. You already know all the important answers.

Libra

Sept. 24 - Oct. 23

The planets will bring out the devil-may-care side of your nature over the next 24 hours. You will thoroughly enjoy shocking people.

Scorpio

Oct. 24 - Nov. 22

You may be in the mood to change things but the planets warn there are some things it might be wiser to leave as they are for the time being. Make changes for a reason, not just because you can.

Sagittarius

Nov. 23 - Dec. 21

You will get things done quicker today if you join forces with like-minded people. Also, tell that special person in your life how much you adore them. They may need some reassurance.

Capricorn

Dec. 22 - Jan. 20

Decide what it is you need to accomplish. No matter how many disappointments you have suffered in recent weeks the planets indicate that from here on it will be success all the way.

Aquarius

Jan. 21 - Feb. 19

You may be in the mood to settle an old score but is that really sensible? Focus only on positive objectives and pretend that negative and annoying people do not exist.

Pisces

Feb. 20 - March 20

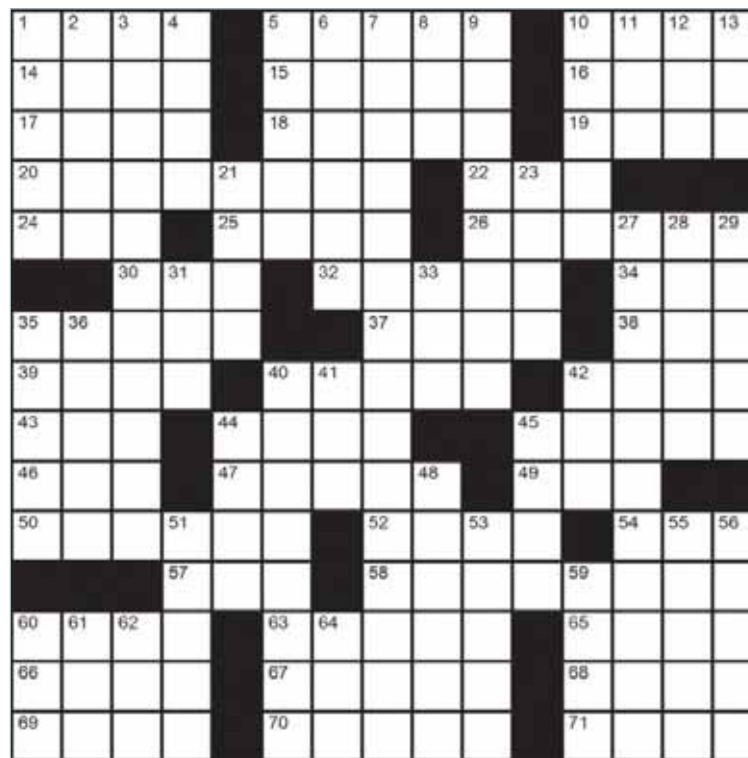
If you know what it is you want, act decisively. Someone in a position of authority thinks you are special and they will think you are even more special after today!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Baseball glove
5. Chef Ms. Lakshmi
10. 1997 Great Big Sea album
14. "It's ___-way street."
15. Royal ___ Golf Club, in Scotland
16. Upset
17. Churn
18. Blow
19. Some slitherers
20. Canadian provider of green energy
22. ___ + Pill = Well
24. NFLD's ocean
25. American state
26. Scottish band, ___ Minds
30. Writer Mr. Fleming
32. Cuts
34. Bolt
35. Army vehicles
37. "Darn it!"
38. Compass pt.
39. Gymnastics great Ms. Korbut
40. Symbolic pole
42. Con
43. Moviedom's Ms. Mendes
44. Shoes: ___ support
45. Book for Bridget Jones
46. Drollness
47. Decorator Mr. Berkus, and others
49. Branch
50. One of Doc and Grumpy's colleagues
52. Chair
54. "Adieu!"



57. Word's li'l meaning
58. Rapper Expert on ABC's "Rising Star"
60. Music's Ms. Mitchell
63. Role on "Star Trek"
65. Geese: French

66. Count ___ (Jim Carrey role in 2004)
67. Mount in the Yukon, Canada's highest
68. Sing-y syllables
69. Uptight
70. Sixth, in Italy
71. Mr. Warhol

Down

1. Venomous snake, Black ___
2. "Cut ___!" (Stop already!)
3. Newfoundland tourist destination, the 'Iceberg Capital of the World'
4. Cost
5. Prefix to 'dactyl' (Flying reptile)
6. Old battleground artefacts
7. "Making It Work" band from Vancouver: 4 wds.
8. Broom alternative

9. CASL = Canada's ___ Legislation (It comes into force July 1, 2014)
10. Sacred song
11. 'L' in L.A.
12. Dadaist Jean
13. Aye
21. Fish parts
23. Itemize
27. Central Great Lakes-St. Lawrence ___ Region
28. Of the moon
29. The other side
31. Jennifer Lopez's new album
33. Wrath
35. Miriam ___, Canadian novelist from Steinbach, MB
36. Certain cartoon Chipmunk
40. Piled-up-with-food carriers
41. Libran's mo.
42. Lady's love
44. Hockey star Mr. Kopitar
45. Info
48. Georges ___ (French painter, b.1859 - d.1891)
51. Enlighten
53. A Bell for ___ (John Hersey novel)
55. Move over
56. Homework assignment
59. Pepsi's partner
60. Mr. Pesci
61. Not new
62. Henpeck
64. Shed tool

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	3	2	4	5	1	8	9	6
5	1	8	7	9	6	4	2	3
9	6	4	8	3	2	7	1	5
4	8	5	9	7	3	2	6	1
3	9	1	2	6	4	5	8	7
2	7	6	5	1	8	9	3	4
6	4	9	3	8	5	1	7	2
8	5	3	1	2	7	6	4	9
1	2	7	6	4	9	3	5	8

		1					4	6
	8	4		7	2			
9			1					
8		2	3		6			
	3						6	
			4		9	5		2
				4				3
			9	3		8	2	
2	5					7		

Today

19°/13°
Showers

Wednesday

20°/13°
Partly cloudy

Know what the weather will be 14 days from now.

Check the 14 day trend.

©The Weather Network 2014

PUT THE SMART BACK IN YOUR PHONE...

Download the FREE Metro app today!

metro

Celebrate with us *Canada Day*

July 1, 2013 • 10:00am to 2:00pm

Free Coffee & Cake • Free BBQ

Free Activities for Kids

Meet Local Politicians

Ahmadiyya Mosque • 9570 River Road, Delta

604-779-7431 • www.amjcanada.com

FLIGHT CENTRE

The Airfare Experts

I 866 519 5111

flightcentre.ca

California Dreaming

More value. No extra cost.

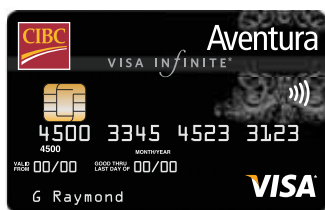
Enjoy a **BONUS*** experience on us when you book between June 23-29.

For full details visit,
flightcentre.ca/california-dreaming

*Conditions apply. For full terms and conditions please speak with a Flight Centre Travel Consultant or visit flightcentre.ca/california-dreaming. BC REG. #H02790



Get there faster with a Welcome Bonus of 15,000 Aventura Points.¹



Get where you want to go faster by using
your Aventura Points for any airline, every
seat, with no blackout periods.



**The CIBC Aventura® Travel Rewards Program.
So good even penguins can fly™.**

Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

¹Offer applies to the following newly approved credit card accounts: CIBC Aventura® Gold Visa® card and CIBC Aventura Visa Infinite® card (each an "Eligible Card"). If you apply for an Eligible Card and are approved, you will be eligible to receive the following (the "Offer"): a welcome bonus of 15,000 Aventura Points when you make your first purchase at any time with an Eligible Card. Visa® and Visa Infinite® are trademarks of Visa International Service Association and used under licence. The Contactless Indicator is a trademark of EMV Co. LLC. All other trademarks are owned by CIBC or related entities.